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Dinner

Fruit cocktail
Baked banana on toast
Boiled rice with sugar
Apple pie (granola crust)

Supper

Granola fruit mush
Pineapple toast
Stewed prunes

Dinner

Fruit nectar in bouillon
cups
Stewed rice with raisins
Peach or prune pie (granola crust)

Supper

Fruit salad
Fig marmalade on toast
Baked apple

The foregoing food combinations setting forth the possible changes which may be rung in upon the various dietaries are by no means exhaustive. Enough, however, has been said to show that to have a pleasing variety, even in the case of the most restricted food lists, is merely a matter of intelligent planning upon the part of the nurse. Considering that it is of such vital import to the patient, it is surely well worth the nurse's while to consider the question seriously.

HYGIENE VS. DRUGS

Just as the patent medicine signs on the fences of a rural community gauge the standard of intellectual enlightenment of that community, so does the welfare of the city's children determine the moral and mental advancement of the municipality. The people of wide country spaces, who still resort to liniment for bruises and sprains, are but one removed from the man who takes kidney pills or the woman who takes headache powders. Real medicine is advancing, so that we have almost arrived at that stage where our patients do not pay us for medicine but for advice, and we—some of us at any rate—have almost come to the point where we are willing to neglect the medicine altogether, and our patients have learned that we are able to do them more good without medicine than with it.—*Dr. George Goler.*